

Technical Data Sheet: ExoShirt

■ Who are we?

At Exo Mouv, we believe that well-being comes through movement, body awareness, and simple, innovative solutions.

We design adaptive and functional clothing, created to support your body in all situations: at work, during sports, or at rest.

Our products encourage movement by reducing associated pain.

The ExoShirt and AbdoShirt are the results of this vision.

They act on posture, movement, and pain through targeted dynamic compression.

Exo'Mouv's Commitment

- Innovation: We focus on developing unique products, highlighting our commitment to innovation and quality.
- Well-being: Our products are designed to fit seamlessly into users' daily lives, helping them stay active.

■ Why recommend the ExoShirt?

As a healthcare or physical activity professional (physiotherapist, osteopath, sports doctor, sports coach), you look for effective and concrete solutions to improve adherence, autonomy, and comfort for your patients between sessions.

The ExoShirt is an innovative textile tool that your patients can wear independently to extend the effects of your care or to support a safe return to activity.

■ Design and Manufacturing

- French Design: The ExoShirt's design was developed in France, reflecting French innovation and expertise in technical textiles. Its design allows versatile use, whether preventive or therapeutic.
- European Manufacturing: The product is made in Portugal, ensuring high-quality production that meets European sustainability standards. Local manufacturing strengthens our commitment to short supply chains, reduces the carbon footprint of logistics, and supports the European economy.
- Smart Textile: Seamless, breathable, suitable for daily and professional use.

■ Function and key patient benefits

- Facilitates movement: supports gestures during physical activity or daily tasks.
- Proprioceptive effect: guides the body toward better alignment.
- Posture improvement: supports and activates deep postural muscles.
- Reduction of back pain: especially for sedentary patients or post-injury.

■ Possible therapeutic applications

- Chronic or posture-related low back pain.
- Cervical or trapezius pain.
- Muscle fatigue syndromes or recurrent tensions.

- Support for returning to sports or adapted physical activity.
- Postural support for prolonged sitting work.

■ For which patient profiles?

- Amateur athletes resuming activity.
- Patients with chronic pain or MSDs.
- Sedentary people or screen workers.
- Patients post-manual therapy or rehabilitation.

■ Instructions for use and care

- Recommended wear: 2 to 6h/day depending on needs (adjusted rhythm).
- Machine wash at 30°C, air dry.
- Does not replace treatment but acts as a complement.
- Composition: 69% polyester – 13% polyamide – 18% elastane.

69% Polyester – The technical engine

- Resistant to wear, friction, and repeated washing.
- Quick drying: ideal for moisture management.
- Good color retention.
- Stable support for compression or tension zones.

13% Polyamide – Premium comfort

- Softer and more supple feel than polyester alone.
- Highly breathable: helps regulate temperature.
- Second-skin effect: improves wearing comfort, avoids irritation.
- Reinforces overall fabric durability.

18% Elastane – Smart flexibility

- Highly stretchable: ensures ergonomic, constraint-free fit.
- Enables targeted compression without restricting movement.
- Gives the shirt its active shape, following the body while guiding it.

■ User benefits

- Flexible and dynamic body support (ideal for posture and movement).
- Long-lasting comfort, even during exertion or prolonged wear.
- Good breathability and sweat management.
- Freedom of movement + targeted compression.

■ Available sizes

- 1, 2, 3 (unisex fit).

■ Scientific Validation

- Expert Committee: Each solution is validated by a scientific and development committee composed of chiropractors, physiotherapists, ergonomists, doctors, and elite athletes, ensuring maximum effectiveness and a design adapted to users' needs.
- Research and Development: Continuous improvement thanks to feedback and clinical studies to meet the highest health and well-being standards.
- Products are tested in medical and hospital centers.

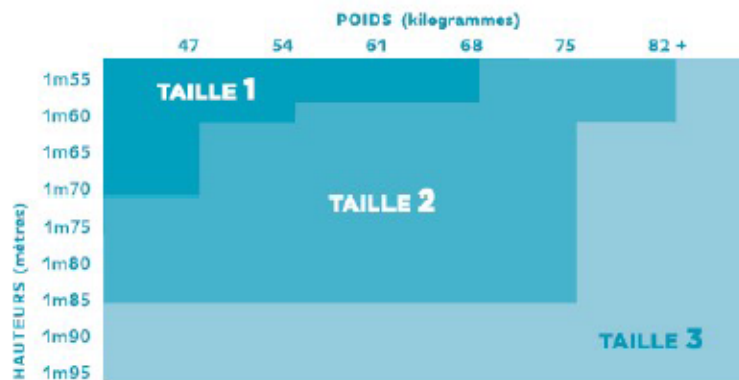
■ The designers of Exo'Mouv

- Magali, an ergonomist, has expertise in risk prevention and well-being, passionate about creating innovative solutions to improve quality of life.
- Romain, a textile engineer, specializes in advanced materials for the development of high-performance, durable products.

The ExoShirt by Exo'Mouv is a functional garment promoting movement and physical activity thanks to targeted technology and adapted technical materials.

It provides a complete and effective solution for users' body well-being.

Available Sizes: The ExoShirt comes in three sizes. It is designed to be unisex, suitable for both men and women.



Poids = Weight

Hauteur = Height